

African dream herb

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About African dream herb

- A perennial climbing vine that is used by African traditional healers to induce vivid dreams that enables them to communicate efficiently with their ancestors.
- Common names: Giant sea bean, African dream herb, snuff box and Entada rheedii
- Distribution and habitat: It is indigenous to Africa, Asia, Australia and Madagascar. It grows in tropical lowlands, along the coastline and river banks, in woodland, thickets and riverine rain forests.
- Uses
 - A paste made from the leaves, bark and roots is used to clean wounds, treat burns and heal jaundice in children.
 - Tea made from the whole plant is used to improve blood circulation to the brain and heal the after-effects of a stroke.
 - The bark is used to treat diarrhoea, dysentery and parasitic infections.
- This creeper yields a dark brown and spherical seed, almost the size of a human patella or kneecap, used to play 'Hambi Kepathu'. Associated with the origin of the Karbi community.

What is Hambi Kepathu?

- It is also known as Simrit in some parts of Karbi Anglong, is played on three rectangular courts by two teams comprising three members each.
- Each member of a team has to place a 'hambi', or the glazed creeper seed, vertically on the midpoint of the boundary line of his court for a player of the rival team to hit with his 'hambi'.
- Hambi Kepathu, whose name is derived from the first syllables of the names of a Karbi sister-brother duo, is a male-only game like other traditional Karbi games such as 'Pholong' (spinning top), 'Thengtom Langvek' (torch swimming), and 'Kengdongdang' (bamboo stilt race).

Q1) What is Jaundice?

It is a condition produced when excess amounts of bilirubin circulating in the bloodstream dissolve in the subcutaneous fat (the layer of fat just beneath the skin), causing a yellowish appearance of the skin and the whites of the eyes.

Source: [In Assam, creeper conservation rides revived Karbi traditional game](#)

Source: <https://vajiramandravi.com/current-affairs/african-dream-herb/>

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